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U S A R M Y

USAG Schinnen Tri-border News Notes



Schinnen kicks off motorcycle safety



By LaDonna Davis

In an effort to decrease the number of motorcycle accidents and incidents that occur within the USAG Schinnen community, Schinnen has kicked off a motorcycle safety campaign through the months of April to October. The campaign will consist of motorcycle training courses for beginners and experienced riders, motorcycle safety tips and safety articles to keep the community informed about the potential dangers of riding a motorcycle when not following the proper safety rules. Look for upcoming motorcycle safety information in the Meteor-Heraut, USAG Schinnen Tri-Border News Notes and Schinnen community emails.

Schinnen Safe Riders

SPRINGING INTO SUMMER

By USAG Schinnen Safety Office

Winter's finally over, the roads are dry and salt free and the sun is warm on your back. You've changed the oil, adjusted the chain, checked the tire pressures, cleaned the visor and paid for

the tax and insurance. It must be time to park the car at last and go for a ride on the bike, right?

Wrong. It's time to take it easy, polish up your mind and body, and rebuild those riding skills!

An easy mistake to make at this time of year is automatically thinking you can jump on the bike you last rode, for instance in October, and be as safe as you were then. It's not going to happen without some practice first. Your mind is still operating at half pace from driving the car around all winter. All that time spent training yourself not to do stupid things like go for the brakes mid corner has been forgotten.

If you don't do as much riding in the winter as you usually do in during summertime, you might find yourself a bit rusty when spring finally arrives.

So what can you do about this? Cast your mind back to the sort of exercises you did in basic training and perhaps your advanced motorcycle safety course- U-turns, Figure of Eights, emergency braking, counter-steering and positioning. Even consider doing a refresher course. All these skills need practicing before they become automatic again.

Out on the road, talk to yourself as you ride - your running commentary will force you to focus on the dangers around you and will tune you back in to the hazards of riding the bike quicker than anything else. Work on your positioning - you'll find that you forget to take up defensive and dominant positions if you have been driving a car. Take your time, keep your speeds down and give yourself plenty of time and distance on those first few rides.

Give your body a chance to get in tune too. Start with short rides with breaks before you try to attempt a long distance ride - remember all those aching muscles and stiff knees when you first started to ride? If you've been off the bike for any lengths of time, they'll be right back if you overdo it.

If things start to get a bit scary, slow down!! Minor mistakes are made much worse if you are going even a little bit too fast because you get tense. Slow down and the pressure will come's off.

See Motorcycle on page 2

Motorcycle: MSF Training Schedule

Motorcycle, from page 1

The purpose of the Schinnen Motorcycle Safety Campaign is to provide the USAG Schinnen community with a Traffic Safety Program that reduces accidents and raises awareness of traffic related hazards.

The Motorcycle Safety Foundation (MSF) courses are designed for both beginner's and experienced motorcycle riders.

The Basic Rider Course (BRC) is a two-day course consisting of class room and range instruction. The Experience Rider Course (ERC) is a 1-day range course. Attendees must have their own or borrowed motorcycle and have a USAFE license with motorcycle endorsement to attend.

The Installation Safety Office will develop and maintain a Motorcycle Safety Information List Server. Each motorcycle driver will be contacted and requested to join. Members will receive regularly distributed motorcycle safety information on USAG Schinnen motorcycle related programs and activities.

Non-motorcycle riding personnel may also be registered in the database to receive information, upon request.

The MSF training program runs for 8-months (March to October).

The MSF training course schedule is as follows:

**Friday 31 March 2006, from 0900-1600Hrs
ERC**

Friday 21 April 06, from 0900-1600Hrs ERC

Saturday 06 May 06, from 0900-1300Hrs ERC

Friday 16 June 06, from 0900-1600Hrs ERC

Friday 21 July 06, from 0900-1600Hrs ERC

Thursday & Friday 10/11 Aug 06, from 0900-1600Hrs BRC

Friday 29 Sep 06, from 0900-1600Hrs ERC

**Thursday & Friday, 19/20 October 06,
from 0900-1600Hrs BRC**

Courses will be held at the AFNORTH sports field (Slag Heap) parking lot. For reservations and information call Mr. Vermeulen or Mr. Janssen at the Schinnen Driver's Testing Station, DSN 360 – 7433, or civilian 0031 – 46 – 443 – 7433.

*The MSF training is mandatory for all service members and U.S. civilians affiliated with the U.S. Forces, Europe.

Safeguard yourself, others from avian flu

From Department of the Army Headquarters

Two Iraqi civilians recently died from H5N1 avian influenza, also known as bird flu. Poultry flocks in northern Iraq are likely infected. Although there are no known or reported cases of bird flu in military populations to date, many of the following defensive measures, although geared toward soldiers, are also appropriate for military family members and civilians who work with the military in areas where bird flu is occurring.

- If you have influenza-like symptoms (fever, cough, sore throat and muscle aches) or an eye infection or difficulty breathing, especially being in contact with potentially infected poultry, seek medical care as soon as possible.
- Watch your fellow soldiers. Insist that soldiers who are sick get medical assistance. Stay away from others who are sick, but make sure they get care.

- Wash your hands often, especially after sneezing or blowing your nose, after using the latrine and before touching food or the eyes, mouth or face. If running water is not available, use alcohol-based hand cleaner.
- Cover your mouth with your sleeve when sneezing or coughing. Keep your hands away from eyes, nose and mouth.
- If you have sleeping cots set up in a tent or building, sleep in a foot-to-head pattern and have maximum possible distance between cots. The recommended minimum sleeping space allowance is 72 square feet per person (approximately 3.5 feet between cots).
- If you do not smoke, do not start. If you smoke, try to quit. If you cannot quit, limit the number of cigarettes you smoke.
- Practice good health habits. Eat a balanced diet. Get plenty of rest. Get regular exercise. Manage your stress.

- Drink liquids to stay hydrated – up to 1.5 quarts per hour or 12 quarts per day, depending on environmental conditions.
 - Do not share personal items such as lip balm, toothbrushes, razors, sodas, etc.
 - Get the flu shot every year. Currently there is no FDA-licensed H5N1 vaccine. However, seasonal flu vaccines still circulate.
- Do not handle sick or dead birds of any kind. The virus is spread through the secretions and excretions of infected birds and, rarely, through the secretions of infected persons. You should not eat poultry originating in Iraq but, if you do, make sure it is thoroughly cooked. Avoid contacts with birds of any kind, especially live poultry (chicken, ducks, and turkeys) and with surfaces contaminated with poultry residues.

Further flu prevention guidance can be found at www.chppm.com.

WHO'S AFRAID OF THE UCMJ?

By The Netherlands Law Center

UCMJ. Few other letters cause soldiers to shudder so. For within the blood red borders of the Manual for Courts-Martial await dishonorable discharges, life sentences, and yes, even the pain of death for wayward warriors. Be assured, a soldier takes the UCMJ lightly at her own peril. The Uniform Code of Military Justice, however, is no Damoclean sword hovering precariously above a soldier's head. Rather, it is a Commander's tool used to protect the good order and discipline of an installation or unit. Commanders know that adherence to the UCMJ maintains unit integrity and optimizes unit performance. Commanders also know that the UCMJ is here to protect, not to punish.

The UCMJ provides a framework of acceptable behavior for all servicemembers. Now this framework did not come about haphazardly. Instead, it is the present manifestation of firmly-rooted federal policy and law as applied to the time-

honored intricacies of military life. As a result, when soldiers' actions fall within the parameters of the UCMJ's framework, soldiers accomplish their mission and improve their overall existence. However, when a soldier transgresses the UCMJ's established limits, the entire military community suffers and the provisions of the code seek to set things right.

As with all codes of law, the UCMJ changes with time. It adapts to face the new challenges and meet the arising needs of today's military. For example, the Joint Service Committee on Military Justice is currently redrafting Article 120 of the UCMJ to better support the military's recently-mounted attack on sexual assault. New offenses such as Aggravated Sexual Assault, Aggravated Sexual Contact, and Abusive Sexual Contact will be implemented to protect servicemembers and their families from sexual crimes of all types.

Another example of the UCMJ's

adaptability to military-specific world-wide, mobile and in-theater considerations is the use of video conferencing technology for Article 39(a) sessions. Formerly, the UCMJ required an accused to attend all arraignments, guilty plea inquiries, rights advisements, motions hearings, as well as various other administrative tasks in their entirety. Under the forthcoming change, however, the accused and counsel or the military judge may appear by remote means, thereby saving precious time and resources for the mission at hand.

Although the UCMJ often triggers negative connotations in soldiers' minds, it need not to. The UCMJ bolsters good order and discipline in the military community and in so doing ensures that the rights and lives of our soldiers and their family members remain well protected. Remember, the UCMJ is here to protect, not to punish.



HOUSING INFORMATION

Subject: MUNICIPALITY TAXES

All residents of private leased quarters in the Netherlands. During this time of year you will receive an annual municipality tax bill. It is mandatory that you pay the following:

- a. Garbage collection (Reinigingsrechten)
- b. Sewer Connection fees (Rioolrechten)

You are exempt from being required to pay the following taxes indicated below. Should your billing indicate you have been taxed for these services, please come to our office and we will assist in having this error rectified.

- a. Immovable property Tax (Onroerend zaak belasting) If you own a house you must pay the owners share of this Tax.
- b. Dog tax (hondenbelasting)

For more information or assistance you can visit or contact the Housing Office.

Housing Referral Office: Mr. M. van der Zanden	# 046-4437567
Mr. F. Brorens	# 046-4437247
Mrs. P. Scholl	# 046-4437416
Mr. C. van de Veerdonk	# 046-4437455



Leisure Activities ~ by Rita Hoefnagels

Apr. 5-9: *Decoration & Creation*, an attractive spring fair at Brabanthallen in Den Bosch (NL) with stands on fashion, food, garden design and many good tips and information. Open: 10 a.m.-6 p.m. Entry: € 8.

Apr. 8-9: Large indoor *Flea Market* at Groenordhallen in Leiden (NL). Open both days 9 a.m.-4 p.m. Entry: €3.50.

Apr. 9: Indoor *Antique and Curiosa Fair* at Shopping Center on Palet Square in the center of Tilburg (NL). Open: 11 a.m.-5 p.m.

Apr. 9-16: “*Lentebeurs*” (*Spring Fair*) at MECC in Maastricht (NL). The fair has stands, fashion shows and entertainment. Open weekdays, 1-10 p.m. and weekends, 11-6 p.m. Entry: €6.50; child (6-12) € 2.50. Information: 0031-(0)43-3838383.

Apr. 13: *Holland Art Fair* at Malieveld in The Hague (NL). Entry: €14. Information: 0031-(0)30-2952776.

Apr. 14-23: Annual *Art & Antique Fair* at Brabanthallen in Den Bosch (NL) with more than 80 antique and art dealers from the Netherlands, Belgium and Germany.

Open daily 11 a.m.-7 p.m.; Thursdays, 11 a.m.-10 p.m. and Sunday, Apr. 23, 11 a.m.-6 p.m. Entry: €12.50; children 13 and younger have free entrance.

Apr. 15-17: *Easter Flea Market* at Groenordhallen in Leiden (NL). Open: 9 a.m.-4 p.m. Entry: €3.50; children €1.50.

Pasar Malam Asia, large Asian market with many stands, restaurants, entertainment and more at Ahoy in Rotterdam (NL). Open: Apr. 15, 1-11 p.m.; Apr. 16, noon-11 p.m. and Apr. 17, noon-8 p.m. Entry: €7; children €3.

Pasar Malam Bali, attractive Indonesian market with many stands, music, dance and food at IJsselhallen in Zwolle (NL). Open: Apr. 15, 2-11 p.m.; Apr. 16, noon-11 p.m. and Apr. 17, noon-8 p.m. Entry: € 8.50; children €3.

Apr. 16: *Amstel Gold Race*. Many well-known national and international cyclists participate in this bicycle race through the Limburg hills starting in Maastricht (NL) and finishing in Valkenburg (NL).

Apr. 16-17: Attractive *Flea Market* at Brabanthallen in Den Bosch (NL).

Flea Market at Ahoy in Rotterdam (NL), open: 9 a.m.-5 p.m. Entry: €3.50.

Apr. 17: *Easter Market* with more than 200 stands in the center of Born (NL).

Apr. 30, May 28, June 18, July 30, Aug. 27, Sept. 24 and Oct. 29: *Antique Market* in the center of Valkenburg (NL), located across the VVV (Tourist) Office.

Through May 19: The “*Keukenhof*”, the world’s largest flower garden near the city of Lisse (NL) is open again. The park owes its name to Countess Jacoba van Beieren who grew herbs and vegetables there for her kitchen. Nowadays, over six million flower bulbs provide beautiful scenic spots throughout the park. Three large glass palaces are filled with tulips, daffodils, hyacinths and smaller flowers. The several flower shops in the park can mail bulbs to the U.S. for customers. Open daily 8 a.m.-7:30 p.m. Entry is €12.50; children (4-11 yr) €5.50; parking €5. For more information visit: www.keukenhof.nl.

Units Can Recover Medical Costs and Lost Wage Dollars

By the Netherlands Law Center

The Netherlands Law Center in Brunssum collects money on behalf of both medical clinics and commanders. If they know how to provide the information we need, we can put money back into their budgets.

Under the Federal Medical Care Recovery Act and Army Regulation 27-20, when members of the Armed Forces or their family members suffer injuries caused by another’s negligence, the United States may recover the costs of medical care provided by the Government.

The Netherlands Law Center needs information from the injured

party to launch the collection action. For that purpose, we send an Injured Party Questionnaire to soldiers and/or family members who receive accident-related medical treatment. Collections are made from the insurer of the person causing the accident, not from the injured party or individual soldiers.

Since 23 September 1996, the law also allows recoupment of lost wages. Recovered funds return to the Operation & Maintenance Account (O&M) of the unit to which the service member belonged at the time of the injury.

The injured party can help claims professionals to recover lost

wages by providing the Netherlands Law Center with the following:

- ♦ **A copy of service member’s LES**
- ♦ **Evidence of the total number of days the service member was unable to perform duty, such as a DD Form 689 showing convalescent leave.**
- ♦ **The fund cite for the unit’s O&M account.**

Units can provide all of this information. Contact the claims personnel at the Netherlands Law Center, DSN 364-6211 or civilian 045-5636211 for questions or additional information.

Contracted Hotel Accommodation for Incoming/Outgoing Military Personnel.

Sponsors or service members need to contact the Schinnen Housing Office as soon as transition dates are known and arrange for the Temporary Living Allowance Specialist to make reservations in a hotel for incoming – or outgoing personnel. A copy of the orders is required.

POC is Monique Zweiphenning, TLA Specialist, DSN 360-7287, Commercial 046-4437287, Fax: DSN 360-7349, Email: monique.zweiphenning@benelux.army.mil.

Light-Timers now available

Light-timers are available at the Schinnen Ship Store for military or civilians personnel. The timers can be used for the entire duration of your tour of duty and are free. Only two per household.

AAFES Spring Bazaar

Don't miss the AAFES spring bazaar happening at the Schinnen sports center on the 22nd and 23rd of April. There will be vendors from all over Europe offering great selections on silver jewelry, baskets from Poland, hand painted wooden key boxes, oil paintings, beanie babies and much more. Come shop from 1000 until 2000 on Saturday and from 1100 until 1600 on Sunday.



HOP to it... Join the Easter Egg Hunt

Hop to the 2006 Tri-Border Easter Egg Hunt on Saturday, April 8.

Festivities begin for the early risers with a free pancake breakfast served from 8:30 to 9:30 a.m. All activities get underway at 9:30 a.m. and run until 1 p.m. The egg hunts will be staggered by age category as follows:

0-3 year olds will start at 10:30 a.m.,

4-6 year olds at 10:45 a.m.,

7-9 year olds at 11:00 a.m.,

and over 10 years at 11:30 a.m.

There will be food, popcorn, cotton candy and plenty of events for the kids, including a raffle for bikes, Ferrari mini-cars rides, a mini-electric train, and a Big Bunny Slide. I

In addition to the egg hunts, children can color eggs, do crafts, get their faces painted, go on a scavenger hunt, play ring toss, pin the tail on the bunny or get a tattoo. Plan on a full morning of fun and prizes for all US and NATO cardholder families of the Tri-Border community.

For more information, contact 364-3595.



AFNORTH LIONS

Spring Sports 2006



DATE

SOCCER

TRACK & FIELD

Sat, Mar 18	HOME vs SHAPE	-----
Sat, Mar 25	@ Mannheim	@ Brussels
Sat, Apr 1	@ Bitburg	@ Baumholder
Fri, Apr 28	HOME vs Menwith Hill	-----
Sat, Apr 29	@ SHAPE	@ Alconbury
Sat, May 6	HOME vs Bitburg	@ FIS
Sat, May 13	HOME vs Mannheim	@ SHAPE
Wed, May 17	EUROPEANS	
Thu, May 18	@ TBA	EUROPEANS
Fri, May 19	(17 th -20 th)	@ Wiesbaden
Sat, May 20		(19 th -20 th)



SCHEDULE SUBJECT TO CHANGE!

Call 0031-(0)45-527-8261, M-F 8:30-3:30,
for home field locations, start times & updated schedule

AFS Booster Club -- Supporting Your AFNORTH LIONS

BIGGEST LOSER WEIGHT LOSS CHALLENGE

Sponsored By

Andrews Federal Credit Union



USAG Schinnen

Challenge: The Team to lose the most “combined percentage” of weight against the Team AFCU girls.

Location: USAG Schinnen, Andre Bruls Fitness Center

Timeline: Three (3) month challenge, 12 weeks
Kick Off & Start date, Monday, 10 April 2006, 11:30 to 1:00 pm – Introductions and Tempting Foods Party, during which individual profiles will be created for each Team member, documenting beginning weight and measurements. Team “Before & After” photos are optional.

Finale & End Date, Monday, 26 June 2006, 11:30 to 1:00 pm – Last weigh-in with announcement of the winning Team and Biggest Loser with cash awards presentation.
Objective : To become part of a motivating Team to help one another lose weight and gain improved health and fitness.

Prize: Cash Prize of \$275.00 to be divided between each Team member as follows:
\$200 Biggest Loser
\$50 - 2nd Place Biggest Loser
\$25 - 3rd Place Biggest Loser

Plan: Three (3) persons per Team, made up of men and/or women. Teams must sign up and submit Team Name and list of participants by **Deadline: 04/10/06, 1:00 pm. To begin and complete this challenge a minimum of 2 Teams and 3 persons per team are required.**

Weigh-Ins taken and recorded by the Fitness Center staff once a week on Tuesdays at 5:30 pm will be kept CONFIDENTIAL. If a team member is unable to meet and weigh in at this time, an exception can be made to weigh in at another time on this day or the following week on Tuesday.

As the Primary Sponsor, AFCU will host each Weigh-In Party and provide healthy drinks and snacks.

Subject Experts will be invited to weekly weigh-ins to encourage and advise Teams how to make healthy food choices and how to exercise correctly.

This challenge is a self-starter program at a beginners level. All Team Members are encouraged to consult with their physician before starting any exercise program.

All Team Members are encouraged to practice healthy weight loss in moderation with long term effects for a healthier lifestyle.

Team AFCU is not competing for the cash prize.

IMA-Europe MWR to host camps for youth of deployed Soldiers

By Victoria Palmer

In support of families of deployed Soldiers, Installation Management Agency-Europe Morale, Welfare and Recreation will host four Camp A.R.M.Y. Challenge sessions this summer.

Each week-long camp will feature team-building challenges and the usual myriad of outdoor adventure, swimming, hiking, creative arts projects and other activities associated with summer camp. But this is a camp with a twist—all campers have the common bond of having one or both active-duty parents deployed.

Camp A.R.M.Y. Challenge—the acronym stands for Adventure, Resilience, Memories, Youth—will offer not only the opportunity to get away for a week of fun, but also a chance to meet other kids facing the challenges of having a parent deployed. All sessions will include activities to help campers develop strategies to cope with the stresses associated with deployment.

Middle school and high school students whose active-duty Army or Air Force parent is deployed between June 1, 2005 and February 28, 2007, are eligible to apply. Although the camp is hosted exclusively by the Installation Management Agency-Europe MWR Child and Youth Services,

each Camp A.R.M.Y. Challenge session will have four camper spaces for Air Force youth in addition to the 78 spaces filled by Army youth.

Camp A.R.M.Y. Challenge Italia sessions for grades 6-8 will be held July 9-15 and July 23-29 at Camp Darby, Italy. The camp will include teambuilding activities, military skill demonstrations, water activities and sight-seeing trips, including a visit to the leaning tower in Pisa.

Camp A.R.M.Y. Challenge Bavaria for grades 9-12 will be at Grafenwoehr, Germany. The sessions for the high school-age campers will be June 18-24 and August 13-19, and will include adventure activities such as caving, rappelling, water sports and the high ropes course. Teambuilding and self expression activities will also be a core component.

The high school camp sessions will not conflict with either the Summer Hire Program or the high school sports teams' practices.

Campers will only be allowed to attend one session to ensure as many children as possible have an opportunity to attend Camp A.R.M.Y. Challenge this summer.

A \$50 camp registration fee will be charged only when a camper is selected to attend. The fee is to reserve the camper's slot in their assigned session and is due by May 31. Refund of the camp registration fee will be given only if written cancellation is submitted at least two weeks prior to the start of camp.

Central bus pick-up points will provide transportation to all camps. Camp organizers stress that no air transportation or individualized transportation will be funded and families will be wholly responsible for getting their son or daughter to the central bus pick-up points.

Complete information and the application form for Camp A.R.M.Y. Challenge are available online at www.mwr-europe.com. Applications will be accepted online only; the application deadline is May 5.

Further information on Army MWR in Europe is available at www.mwr-europe.com.

POC: Victoria A. Palmer, IMA-Europe MWR Marketing, DSN 379-6154 / Civ 06202-80-6154 or Becky Witcher, IMA-Europe MWR Child and Youth Services, DSN 370-7486 / Civ 06221-57-7486

Fire Prevention

Knowing what to do if you have to react to a fire is a necessity of being prepared for a worst case scenario. Doing your best to prevent a fire is the best way to avoid the worst case scenario.

PREVENTION IS THE BEST PROTECTION!

Many fires are related to the use of smoking materials. Children playing with matches or lighters has lead to many a tragic fire. Parents are expected to educate their own children about the dangers of playing with these items. Aside from that, parents should also take precautionary measures, keep matches and lighters out of the reach and sight of children.

Careless smoking habits is another area of potential fire hazards.

Discarding cigarette butts into trash cans, bushes, or amongst combustible materials is an unacceptable habit. Allowing ashtrays to become overfull,

using ashtrays made of combustible materials and emptying ashtrays before retiring for the night are all issues that can contribute to potential fires that can smolder for hours before they literally flare up.

Empty ashtrays timely, use ashtrays that are made of non-combustible materials. Never empty an ashtray just before retiring for the night, leave it in a safe place (i.e. in the sink) and empty it first thing in the morning.

Smoking in bed is yet another cliché cause of fires with tragic consequences. Falling asleep with a cigarette in hand is not uncommon. These kinds of fires usually smolder a while slowly generating smoke. The person(s) asleep inhales the smoke suffocating without even awakening.

DON'T SMOKE IN BED!

March Madness comes to AIS

By Hans Luijpen

More than 340 youth and adults participated in the second USAG Schinnen Youth Sports and Fitness March Madness basketball tournament Saturday, March 18 at the AFNORTH International School Brunssum.

The players, ranging in ages five to 40 years old, were cheered on by a crowd of more than 340 people from 11 different communities and six different nationalities.

"You can say for sure this is March Madness because of all of the excitement that happened at this event," said Hans Luijpen, the youth, sports & fitness director for USAG Schinnen CYS program.

The games were held in two different gyms at the AIS. Here's a breakdown of what happened.

Gym 3: Youth Sports & Fitness had basketball games for children ages six to seven and eight to nine between the USAG Schinnen teams, Geilenkirchen teams and host nation teams.

"We invited local teams to participate and improve our relationships with local

community teams," said Luijpen. "They experienced an American sports day with American food and snacks."

Gym 1: The USAG Schinnen teams in the age groups 10-12 and 13-15 competed with GK and local teams.

In the afternoon the Boys Varsity Basketball Team played the Male Faculty team members and the result was 52-40 for the faculty members making it a back to back victory for the Male Faculty team. The Girls' Varsity Basketball Team lost the title to the Female Faculty Members 27-24.

"Both games were very exciting and the crowd cheered for all the teams," said Luijpen.

For the USAG Schinnen Basketball teams the March Madness was the end of a very successful season. All teams had a good season. The girls' team in the age group 12-15 years had a very exciting season they end the season with a 20-2 win/lose standard.

"They finished third in the IMA-E European Basketball Championship. Coaches Aubrey and Mary McCauley and Pete Nunn

have done a terrific job with the girls this year and the good part is that this team will come back next season. Overall this has been a very good season for everyone involved. USAG Schinnen Youth Sports & Fitness like to thank Coaches, Parents and volunteers for making this sports day the success it was," Luijpen boast.

In addition to the March Madness basketball frenzy, a madness of a different sorts was going on in Gym 2.

USAG Schinnen hosted a wrestling tournament for 8 communities. Wrestlers from Ansbach/Ilesheim, Heidelberg, Stuttgart, Bittburg/Spangdahlem, Darmstadt, Landstuhl, Wiesbaden and Schinnen competed for the titles. The tournament was set up by age and weight and players competed in a Round Robin set up where each wrestler had 4 games.

"This Wrestling tournament could not have happened without the help of the volunteers and the cooperation of the AF-NORTH School," Luijpen said.

New EU Mandatory Child Safety Seat and Seat Belt Law

Cars are safer than ever, fitted as they are with crumple zones, safety cages and airbags to protect the occupants. Although seat belts are undoubtedly a vital chain in the link, they are specifically designed for adults. They are less effective for children and wholly unsuitable for babies and toddlers. The European Union has therefore agreed to tighten the rules governing the transport of children in cars. These rules are designed with one goal in mind: to offer children the best possible protection.

As of March 1, 2006, children under 135 cm in height must be carried in an appropriate child restraint. A seat belt is mandatory for adults and children over 135 cm in height, but they are also allowed to use a booster seat.

A number of exceptions have been incorporated to make the rules practically administrable. For example, child restraints are not compulsory in buses and taxis.

The Law:

The following will apply from 1 March 2006:

Children* under 135 cm (approx. 4' 5") in height: Approved child restraint compulsory

Children* over 135 cm (approx. 4' 5") in height and adults: Seatbelt, and if required an approved child restraint (booster seat) can be used.

The child restraint must comply with

UN-ECE Regulation 44/03 or 44/04. This is specified on the inspection label or sticker (see image). To ensure safe operation, the child restraint must be fitted correctly to the vehicle.

Please note: a child restraint is compulsory for children under the age of 3, unless they are carried by taxi or bus. The below exceptions do not apply to children under the age of 3, with the exception of taxis or buses.

Special cases and exceptions:

More passengers than seatbelts (temporary exception)

If there are not enough seat belts in the car for all the passengers, then children over 135 cm (approx. 4' 5") in height and adults may legally travel in the rear of the vehicle without wearing a seat belt, provided the available seatbelts are used by the other passengers. This exception shall remain in force until May 1, 2008. From May 1, 2008, all cars must be fitted with appropriate seatbelts, and no passenger may be carried without appropriate seatbelts.

Lack of space

If two child restraints are already fitted in the back of a car, lack of space often prevents the fitting of a third child restraint. In that case, children over the age of 3 must use an adult seat belt in the rear of the vehicle.

No rear seatbelts

Children under the age of 3 must not be seated in the rear of the car if no rear seatbelts are fitted, as the child restraint is secured to the seatbelts. In that case, children over the age of 3 and adults may travel unrestricted in the rear seats of the vehicle.

No front or rear seatbelts

If your car is not equipped with front seatbelts, it is illegal to carry any child under 3 years of age. Children aged 3 years and over and under 135 cm in height must not travel in the front seats of the vehicle if no seatbelts are fitted in the vehicle.

Carrying 'other people's children'

Parents and foster parents are required to fit a child restraint for their own children. It may occasionally be necessary to transport other children, for example to an away match of the youth football team. A child restraint may not be available for all children. For occasional journeys over short distances (excluding holidays), an adult seat belt in the rear of the vehicle may be used by children (but not your own children) aged 3 and over. If you are making these trips on a regular basis, it is recommended to fit extra child restraints for added safety and security.

APRIL IS CHILD ABUSE PREVENTION MONTH

*“Safe Children and Healthy Families
are a Shared Responsibility”*

**New Parent Education and Support Program in Partnership
with GK Family Support Center present the following
Activities in Celebration of Our Children**

INFANT MASSAGE CLASS

WEDS, 12 APRIL 2006—11:00-12:30

ACS Conference Room at USAG Schinnen

**Bring your baby (2 weeks to 12 months) and learn the ancient art
of massage.**

Nurturing Parenting Workshop

for 0-4 Years Friday, 21 April 2006 10:00—11:30

Location: GK Family Support center

**Come and learn alternative forms of discipline and how to be a more
nurturing parent.**

Come “CELEBRATE” our children at A Super-Fun

PLAY MORNING

Super Bouncy Slide

Play Morning at USAG Schinnen Sports Center

9:30—11:30 Thursday, 27 April 2006

To Register for Classes call:

- **New Parent Education and Support Program at ACS/USAG Schinnen
+31(0)46-443-73335**
- **Family Support Center at GK +49(0)2451-63-379**